

ARCHERY

"Hit me with your best shot!"



This program is offered through the NAA (National Archery Association) to promote the sport of archery. Our program offers basic instructions, recreation and tournament level training, and a safe environment to learn the sport of archery.

Day: Sundays
Date: Beginning in January
Time: 6:00 p.m. - 9:00 p.m.
Fee: \$5 per person shooting time only
\$40 beginner course
Age: 8 - 15 years old
Location: Kiwanis Center



* Prerequisite for beginners - A basic program of instruction and guidance to teach the basic skills of archery while ensuring safety and encouraging a fun time. Basic instruction and equipment included! **CREDIT CARD REGISTRATION NOT AVAILABLE FOR THIS COURSE, PARTICIPANTS MUST REGISTER AT THE OFFICE.**

CREDIT CARD REGISTRATION IS NOT AVAILABLE FOR THIS COURSE. PARTICIPANTS MUST REGISTER AT THE OFFICE.

INTRO TO TREE CLIMBING

Learn to climb trees the safe way with the use of harnesses, ropes, and helmets. Participants young and old can climb for fun, learn to tree swing, or climb for a good challenge.

Date: Second & fourth Sundays each month
Time: 2:00 p.m. - 5:00 p.m.
Fee: \$15 per person
Age: 8 & older
Location: Lake Horton

For more information on private group and guided climbs contact 770-599-3567 or email mikeivie@bellsouth.net. Gate fees are required for all out-of-county residents!



MASSAGE

THERAPY

We offer a traditional Japanese acupressure sequence that in 15 minutes includes the neck, shoulders, back, arms, hands, and scalp. Designed to enhance circulation while making the participant feel vibrant and refreshed.

Mondays and Wednesdays
5:30 p.m. - 9:00 p.m.
\$1 per minute based on minimum of 15 minutes
18 & older
Downstairs Activities House

Arthrossage is a combination of eastern and western massage techniques used to help ease discomfort and degeneration of various types of arthritis. Arthritis strikes all ages, gender, and activity levels. If you suffer from arthritis, this is the massage treatment for you!

Mondays and Wednesdays
5:30 p.m. - 9:00 p.m.
\$35 30 minutes
\$65 60 minutes
\$95 90 minutes
18 & older
Downstairs Activities House

Pre-registration is required for both type of treatments.

CREDIT CARD REGISTRATION IS NOT AVAILABLE FOR THESE COURSES. PARTICIPANTS MUST REGISTER AT THE OFFICE.

CPR/AED CLASS

Course # W11103

Participants will learn the basic techniques of adult and child Cardiopulmonary Resuscitation (CPR) and the use of an Automated External Defibrillator (AED). Participants will also learn about using barrier devices in CPR and giving first-aid to choking victims.

Day: Thursday
Date: February 17
Time: 6:00 p.m. - 9:00 p.m.
Fee: \$25 per person
Age: 18 & older
Location: Activities House



The AARP Driver Safety Program is the nation's first and largest refresher course for experienced drivers. This course has helped millions of drivers remain safe on roads.

This course teaches current rules of the road, how to operate motor vehicles safely in today's increasingly challenging driving environment, and some adjustment to age-related changes in vision, hearing, and reaction time.

Participants learn about:

- Maintaining proper following distance
- The effects of medications on driving
- Properly using safety belts, air bags, and anti-lock brakes
- Maintaining physical flexibility
- Geared for experienced drivers, this course is open to drivers of all ages.

Day: Monday & Tuesday
Date: Course # W11104: January 17 & 18
Course # W11105: March 14 & 15
Time: 9:00 a.m. - 12:00 noon
Fee: \$12 per person AARP member
\$14 per person NON-AARP member
Location: Activities House

Participants may be eligible to receive an insurance discount upon completion of the course. Consult your agent for details!